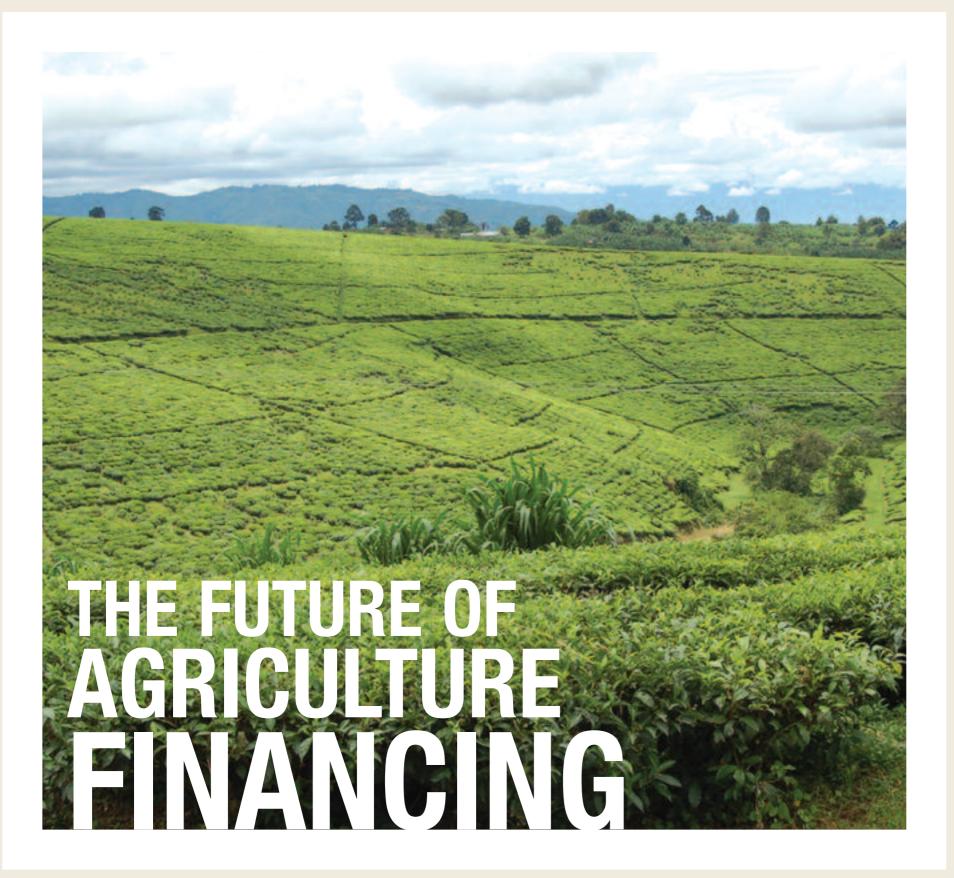


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The past deletes future hopes...



SADC countries promised budgetary allocations of "not less than10 per cent" to the sector by 2008/09. We are now a good 4 years past the deadline and this increase hasn't materialised yet. This bleak past poses a great challenge to a Sacau international forum on agriculture set for Dar next month...

Tuesday 23 April, 2013

The Guardian KILIMO KWANZA



Agriculture financing: Where is Africa heading to?

will host the International Agricultural Policy Conference. The Southern African Confederation of Agricultural Unions (Sacau) policy conference and annual eneral meeting (AGM) is expected to draw over 200 farming stakeholders from Africa and across the continent -- financing agriculture in the African continent

At home, for example, half a century into independence, Tanzania is still struggling to attract the kind of investments into agriculture that would make a real difference to the sector and eventually the economy at large. At the launch of the Kilimo Kwanza initiative some five odd years ago, improving access to finance for agriculture was touted as one of the pillars of the country's envisaged green revolution.

However, even at that time the founders of the initiative, the Tanzania National Business Council (TNBC), lamented that in 2003, the country signed the Maputo Declaration in which the Southern African sector Development Community (SADC) countries promised budgetary allocations of "not less than10 per cent" to the agricultural sector by the year 2008/09. We are now a good four years past the deadline and this increase is yet to materialise. If anything, subsequent budgetary allocations to the sector have been decreasing.

Various commentators have noted that the growth that the banking sector has witnessed in recent years has failed to translate into credit flows for the agricultural sector. This is despite the fact that the sector provides over 80 per cent of employment opportunities in the country

Much has also been said and written about the formation of a farmers' bank where would-be agricultural investors could access funds for agricultural invest- source rich continent we call home. ment. Some steps have been taken towards achieving this, and there are reports that the Tanzania Agricultural Development Bank (TADB) has been registered – even though it has failed to meet an initially set launch deadline -- preparations for the impending unveiling have reached an advanced stage.

Presenting the 2012/13 budget estimates in the National Assembly last June in Dodoma, the Minister for Finance and Economic Affairs, Dr William Mgimwa, revealed that the government had set aside Wallace Mauggo some 40bn/- as initial capital to jump-start the farmers' Editor

round this time next month, Tanzania bank, with plans to raise this amount to 100bn/-. The TADB is expected to provide farmers with loans whose conditions include grace periods of two to four years, single digit interest rates and favourable repayment periods of 10 to 15 years.

Commendable as the government's moves to launch a farmers' bank are, indications are that a lot beyond to deliberate on what remains a thorny issue more needs to be done before serious investment in farming can take root. Questions that need answers include how resource-poor farmers who have no title deeds to their unsurveyed lands will access loans when land is often the only real resource they can offer as collateral? Establishing a special fund to address land survey costs, for example, would go a long way to assisting access to agricultural credit

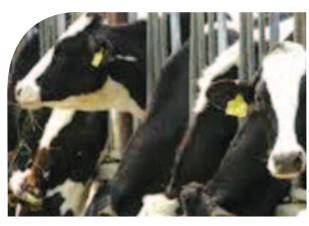
Moreover, various reports on barriers to agricultural investment have shown that incentives to agriculture often do not match the levels of investment. One report argued that, among others, deterrent tax rates, inefficient tax administration systems and persistent power woes were limiting investments into the

Others culprits cited were corruption and limited access to finance, with macro-economic instability due to fluctuating inflation and interest rates also playing a part in crippling investments into the sector. Inefficient customs and trade regulations which increase the cost of doing business and affect productivity together with restrictions by local authorities to traders, producers and farmers ended the list of hindrances.

As we welcome participants to the Sacau policy conference and AGM, we wish them productive deliberations that should result in effective solutions to attract more investments in the agricultural sector not only in Tanzania, but also across this beautiful, re-

inside

Dairy: Overregulation decried





BEST-AC supports Z' bar chamber of commerce



Watch what you eat and minimise cancer risk









also good business practices.

Dairy: Overregulation decried



Overregulation adds costs

essence of regulation in ny economic sector is to nprove and maintain both quality and safety of products produced or consumed in a given country. It ensures not only public safety, but

Why one permit and license for a tions in the sector tend to add more cost each per day in Kenya. of doing business than promoting it. The situation also accounts for the lack of competitiveness in the industry across the East Africa region.

the dairy sector in the 1990's, the state owned Uganda Dairy Corporation and Tanzania Dairies Limited were privatised. The investment incentives in Uganda are more favorable as compared to Tanzania. As a result, between 10 and 20 per cent of all milk produced in Uganda goes on to processing compared to only 3 per cent in Tanzania. According to a 2011 report on the

improvement of competitiveness of the dairy plant are not enough to safeguard dairy industry by the Tanzania Milk health and safety standards of milk in Processors Association (Tampa), 35 Tanzania, is beyond anyone's compre- dairy plants in the country processed a hension. It does not make any sense to total of 112,500 litres per day in 2005, adorn the walls of a dairy plant with while across the region, Sameer multiple licenses and permits. Company alone processed more than However, this is not the case with the 300,000 litres per day in Uganda, New dairy sector in the country. The reality KCC and Brookside companies on the ground is a tragedy. The regula- processed more than 600,000 litres

15 regulators, 25 laws, one sector! The study found out that the dairy sector in Tanzania is regulated by more The recent performance of the than 15 regulators enshrined in 25 acts dairy sector in Tanzania and Uganda and by more than 25 regulations. It re- which have to be explains better the situation across the veals that the major focus is on controlregion. Subsequent to liberalisation of ling rather than enabling the private



...an average milk processing business producing six different products is required to have more than 15 licenses for its premises and products, most of renewed annually

There is a great deal of regulatory functions overlapping each other in the dairy sector. The study reveals that the regulatory framework is rather unfriendly to local dairy sector development and is characterised by multiple uncoordinated inspections of premises as well as testing of products.

There are a number of regulators aimed at food hygiene and safeguarding the safety of employees. Different authorities are involved in periodic testing of processed milk and dairy products destined for the market

It further establishes that there are multiple licenses needed for premises 20 million livestock units and providing and products within the sector. It ex- over 90 per cent of the feed resource for plains that an average milk processing business producing six different products is required to have more than 15 licenses for its premises and products, most of which have to be renewed an- bers, after Ethiopia and Sudan, accordnually. In addition, it is characterised ing to the ministry of Livestock and with the government's use of regulation Fisheries. as a source of revenue where the revenue earned is not based on the cost of providing service.

What others do

The situation in Uganda is quite different compared to Tanzania. The lead dairy industry regulator in Uganda is the Dairy Development Authority (DDA). It is the only key authority mandated to regulate the dairy sector. This position is affirmed by the Uganda National Dairy Processors Association (UDPA). This is acknowledged by all other regulators who play a supportive role.

The DDA has established excellent working relationships with regulatory partners. The Uganda Revenue Authority, for instance, cannot allow imported milk products unless the importer has secured a DDA letter of no objection. The situation in Uganda provides lessons for Tanzania to develop the sector's competitiveness across the region

The impact of over-regulation in the dairy sector in Tanzania is enormous. According to the Tampa report, enterprises in the dairy sector incur additional costs to comply with regula tions, including staffing cost of managing regulatory issues, higher input cost cost of meeting reporting requirements inspection and fines charged by regulators and opportunity costs of the time lost in handling regulatory issues.

It reveals: "the total cost of compliance for a small dairy processor with the capacity of 6,000 litres per day is estimated at 12.000,000/- during startup phase and 48,000,000/- as recurrent compliance costs." It estimates: "If the country processes 50 per cent of the milk produced, the cost of compliance in the current regulatory framework would be over 20.4 billion/-.'

Performance declines

According to the study, the sector has been losing income tax amounting to about 12.91 billion/- per annum due to declining performance. Over 76,500 obs and income tax amounting to 103 billion/- is currently lost due to the sector's failure to process at least 50 per cent of the milk produced in the coun-

The National Livestock Policy aims at stimulating development of the livestock industry in order to exploit the available capacities to increase its contribution to the national economy. The industry also has high potential for improving food security and creating employment opportunities which make it indispensable, thus the need to create an enabling environment that enhances its competitiveness and growth is paramount.

Tanzania is endowed with abundant natural resources which include land and a huge livestock resource base. Out of 88.6 million hectares of land, 60 million hectares are range lands with a carrying capacity of up to livestock. Some of the livestock resources include 21.3 million cattle and 15.2 million goats. The country ranks third in Africa, in terms of cattle num-

Rationalisation efforts

"Tanzania Milk Processors

Continues page 5

Tuesday 23 April, 2013

The Guardian **KILIMO KWANZA**

COVER STORY

Forum to discuss the future of agriculture financing in Africa

Stage set for the continental meet in Dar

SADC countries promised budgetary allocations of "not less than10 per cent" to the sector by 2008/09. We are now a good four years past the deadline and this increase is yet to materialise. If anything, subsequent budgetary allocations to the sector have been decreasing. Pundits believe, in this, the past seems to delete future hopes! The Southern African **Confederation of Agricultural** Unions (Sacau) to which the Agricultural Council of Tanzania (ACT) is a member, will hold a policy conference and annual general meeting (AGM) from on May 13 to 15 this year at White Sands Hotel in Dar es Salaam. The theme of this important conference will be "Financing African Agriculture". Read on...

By Milly Sanga, ACT

Focus of deliberations

articipants in the continental conference are expected to assess the degree investing in agriculture and suggest how to improve the situation by creating conducive environment to attract more investments in the sector. This includes developing strong partnerships with the private sector, including financial institutions and agri-businesses.

Participants will also deliberate on the trends



and outlook of some agricultural commodities, particularly cereals, sugarcane, cotton oil seeds, horticultural crops, livestock, and fisheries.

Participants

interest. Participants, about 200 – including farm- knowledge sharing. ers, policy makers and experts in the sector, will be drawn from 12 Sacau member countries namelv. Zimbabwe. Zambia, Madagascar, Malawi, Namibia, Swaziland, Mozambique, Seychelles, Lesotho, Botswana, South Africa and the host, Tanzania

On the list of participants also are representatives of partner institutions, like CTA, Norad, Agra/Fosca, Usaid, SCC, ILC, Ifad, Sadc, Comesa, EAC, Nepad, African Development Bank, Grow Africa, Pafo, and the media.

Schedule

The first two days will be devoted to a workshop. The AGM will take place on the third day, followed by organised field trips to witness agricultural activities at a communal paddy farm in columns Bagamoyo and a sisal estate at Ubena Zomozi near Chalinze Township. Great opportunity

The Agricultural Council of Tanzania (ACT) believes that this is the right time and a great opportunity to establish international links and create networks with sister organisations.

The ACT also hopes to build partnerships as The conference is expected to generate a lot of well as benefit from experience, information and

Sacau: In a nutshell

Sacau is a regional farmers' organisation which was established in 1992. Its membership is open to national farmers' unions and regional principles: commodity associations in the southern Africa re- • Voluntary membership gion. It is involved in agricultural development in • Democratic control by members the region by strengthening capacities of farmers' organisations.

The union is a collective voice for farmers on regional and international matters and also provides agriculture related information to its members and other stakeholders. This regional body is based in Pretoria, South Africa.

Instruction for graphic designer - [Position the following text about Sacau on the right of p.5 - two

About Sacau Vision

To be a vibrant, prosperous and sustainable farming sector that ensures food security and contributes to economic growth in southern Africa. Missior

To become the main voice for farmers on regional, continental and global matters, and to promote and ensure strong and effective farmers/producers' organisations in all countries in southern Africa

Values and Principles

Sacau is founded on the following values and

- Transparency in all operations
- Responsibility and honesty
- Addressing matters on merit
- No discrimination based on race, colour, creed, religion, gender and farm size

Strategic Pillars

- Sacau's Strategic Framework is based on three strategic pillars, namely: Policy advocacy on regional, continental and
- global matters. Strengthening of the capacity of farmers'or-
- ganisations.

- formation.

Goal 1:

The Guardian KILIMO KWANZA

COVER STOR

Dairy: Overregulation decried

From page 3

Association in collaboration with Tanzania Dairy Board (TDB) are working together to rationalis and harmonise the overlapping regulations in the dairy sector in Tanzania," says Edmund Mariki, the executive secretary of Tampa. He stressed that this move would be able to attract more livestock vestment in the country.

He says that the regulatory authorities should get rid of over eliance on fees charged to dairy enterprises as a source of revenue for regulators by ensuring that regulatory authorities are largely or fully funded by the govern-

Dr Goodluck Urassa, a business consultant based in Dar es Salaam, says that regulatory auhorities should improve efficiencv when undertaking their operations. He points out that the infornal sector, which accounts for higher percentage of milk consumers, is hardly regulated.

Tan Dairies managing director Devangwa Mmari urges the government to coordinate inspections through a single team comprising experts from all the key spects and the frequency of inspection be reduced from several to one inspection per annum

He adds that regulatory bodies such as Tanzania Dairy Board (TDB). Tanzania Bureau of Standards (TBS), National Environmental Management Council (NEMC), Government Chemist Laboratory Agency (GCLA), Occupational Safety and Health Authority (Osha), and Tanzania Food and Drug Authority (TFDA) to conduct product testing concurrently and share the results. It is high time the government of Tanzania normalises responsibilities accorded to regulatory authorities in the dairy sector.

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"...this is the right time and great opportunity to establish international links and create

 Provision of agriculture-related invironment and HIV/Aids.

Strategic goals and objectives

To promote the creation of an enabling environment that allows southern African farmers to realise their productive potential by influencing regional, continental and global policies and programmes related to agriculture.

Related objectives:

To strengthen the capacity of

networks... [farmers and experts will] build partnerships as well as benefit from experience, information and knowledge sharing

- Sacau in policy development and advocacy. • Cross cutting issues are gender, en- • To increase the visibility of Sacau in policy and programme develop
 - ment processes. • To improve the effectiveness of
 - Sacau's engagement in policy and programme development.

Goal 2:

To support the establishment and development of strong, credible and sustainable farmers' organisations (FOs) in the region that provide effective and efficient support services to farmers and other stakeholders.

Related objectives:

- To improve the relevance of southern African FOs to farmers.
- To improve the credibility of southern African FOs to key stakehold-
- To strengthen the participation of southern African FOs in the development of policies and programmes.
- To strengthen southern African regional commodity organisations.

Goal 3:

To support strategic decision making in agriculture by southern African FOs and other stakeholders through

timely provision of appropriate information.

Related objectives:

- To promote greater use of information in decision making.
- To develop and position SACAU as main source of information on FOs in the region.
- To promote information exchange amongst key players in the sector.

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The Guardian KILIMO KWANZA

Tuesday 23 April, 2013

DEMANDS 6

BEST-AC supports Z'bar chamber of commerce

By Kilimo Kwanza Reporter

Key mission

importance of business reforms and strengthening legal and institutional framework for business licensing, permits, taxes, authorisations and all dynamics of the business environment is worth pursuing. In order to establish mechanism whereby reforms are conducted to ensure that the process of reforming is ongoing and under constant review, these reforms are to impact positively on the cost of doing business in Zanzibar.

The Zanzibar National Chamber of Commerce, Industry and Agriculture's (ZNCCIA) mission is to promote business growth in the Isles and should be well positioned to manage the multiple objectives and coordination of demands, while focusing on building blocks that include: the enabling environment for private sector, entrepreneur and enterprise development, development of the chamber as a dialogue partner and supporting external environments

These building blocks serve the commitments that allow ZNCCIA's definition of desirable attributes, the capacity to do in terms of institutional financing, setting priorities and provision of a means for identifying gaps for support be worthwhile.

While the building blocks provide a useful way of clarifying essential functions, the challenges facing the chamber may not necessarily manifest themselves in this way. Rather, they require a more integrated response that recognizes the inter-dependence of each part.

In recognition that despite certain negative aspects, the weaknesses and threats can be converted into positive strengths and opportunities, BEST-AC supports the chamber to wake up to the realities of making the economy competitive by building the capacity to advocate for enabling business envi- ownership, regulations, women, disadronment and establishing a consultative mechanism between the public and private sector.

During the last two decades, Zanzibar has been struggling to come to terms in creating the necessary infrastructure for the resurgence of its economy. Notwithstanding the ongoing policy reforms efforts by the gov-

ernment, ZNCCIA is implementing its advocacy activities with the support of BEST-AC since 2007 the result of which, a number of achievements have been realised through this support. These include institutional strengthening, business promotion, membership promotion, access to services and development, access to information, advocacy activities among other successful interventions.

Further, this support has for great extent helped to build the capacity of ZNCCIA to be able to perform its main role towards its vision of uniting private sector in Zanzibar. Taking this example among the success of ZNCCIA through the BEST-AC is the development of 3 year business plan in 2009 which expired last year. The business plan has been a useful guide for ZNC-CIA operations for the past three

Moreover, in the implementation of this and other plans, a number of studies carried out subsequently have identified flaws in the private sector and thus propose strategies for private sector reform and promotion. Findings from these studies enable the chamber as an apex body for private sector development to come up with evidence based advocacy tools in urging the government as well as potential investors in developing infrastructure facilities, small and medium industry development, engineering ancillary bases, incentives and policy packages, entrepreneur development and proactive financial service structures that are not biased or show backward integration into the informal sector. Some of these interventions are well elaborated in the technical report by Unido in support to the development of the private sector in Zanzibar

A regulatory review to identify existing barriers, anomalies and deficien cies in the regulatory and legal structure particularly those that mutilate against enterprise creation, taxation, labor, business/trade, property, land vantaged groups and youth. The framework governing these aspects require deep analysis and research in terms of strengths, weaknesses, threats and opportunities that are infrastructure based, institution based and policy based.

The government is committed towards a strategy for sustainable eco-



Best-AC supports the chamber to wake up to the realities of making the economy competitive by building the capacity to advocate for enabling business environment and establishing a consultative mechanism between the public and private sector

nomic development but the private sector needs to be equally committed to move on a growth path of increased investment, enhanced productivity and expanding business creation. Business plan development

BEST-AC has been a true partner in supporting ZNCCIA to better organise large enterprise sectors and move towards envisaged growth path with relatively limited resources, the transformation of the small enterprise sector as well as deliberate creation of an enabling environment. Some of the cross cutting development advocacy issues for enabling environment needs brought forward for ZNCCIA implementation and advocacy include:

One of the successes of BEST–AC has been outreach services, and support for these services helps to overcome the tendency to cluster in one neighborhood mostly urban west region where population is comparatively higher. ZNCCIA has successfully reached out to every region of Zanzibar and people are now familiar and quite interactive with enterprises, business men and women and micro, small,

medium and large entrepreneurs.

Previously, ZNCCIA was only based in urban areas and known by large businesses. Nevertheless, membership has expanded rapidly with many businesses ranging from micro to large, in all sectors of business undertakings in agriculture, fisheries, livestock, tourism, trading, and manufacturing just to mention a few. Currently, the membership status has reached 513 as compared to 160 members in 2009.

Furthermore, the trend in the last few years clearly shows that there is a growing understanding and interest to learn from best practices of the neighboring countries including the national chambers of Tanzania, Kenya and Uganda. These provide strong examples of how to connect members locally as well as with networks of businesses and industries.

ZNCCIA's working relation with government has been improved and there is enhanced trust and collaboration as partners. There is significant increase in number of government invitations for participation of ZNCCIA

DEMANDS

in various activities, policy formulation, dialogue and collaborations in problem solving and representation on Boards. working committees and stakeholders forums. Almost all government ministries, departments and agencies are involving ZNCCIA directly or indirectly in its policy formulations, seminars, workshop and the like.

Through the support of BEST-AC, ZNCCIA has been involved in several policy advocacies for reforms. These include: actively participating in the contechnical team in the establishment of fect businesses in Zanzibar. the Micro Finance Policy which is now

available in draft form; taking an active role in formulation of Industrial policy a process led by the Ministry of Trade, Industrial performance and competi-Maritime Authority (ZMA) which has

(PPP) Unit and Policy resulting in establishment of PPP Unit and put it in place with the POFEDP within the Economic Management Commission. The President's Office, Finance and Economic Development Planning (POFEDP) reiterates on their commi ment to start the process and the intention is well acknowledged in the 2011/2012 budget speech; and holding regular dialogue with the public sector through quarterly forums with all Ministerial Department Agencies sultation meetings as member of the (MDAs) whose roles and functions af-

Public Private Partnership (PPP) The chamber has been and still is advocating for the private sector to be more involved in the establishment of Industry and Marketing under the sup- PPP units which is ongoing in addition port of Unido and inspired by Unido to the developments of the PPP policy which is under President's Office, tiveness report for Tanzania (2012); en- Finance and Economic Development gaging in dialogue with the Zanzibar Planning (POFEDP). So far, the implementation of it is still a grave fissure resulted in reduction of maritime levy and efforts on the ground are not well for bulk cargo to reduce levy from \$ 0.6 divulged. This limits the efforts to creto \$ 0.3; advocating for the establish- ate conducive environment for Private ment of Public Private Partnership Sector interventions and promoting

Despite all these positive attributes, ZNCCIA needs further technical and financial support to consolidate and fill in the existing gaps of inadequate skills, weak infrastructure and enabling polices to meet business demands

PPP partnerships.

For a community, government and private sector to become a pivoted junction of partnership necessary to create sustainable economic growth, it is possible to create PPP that will enhance bottom up economic development on a Zanzibar wider scale that will achieve goals of Mkuza in addressing poverty reduction and economic growth in Zanzibar.

Henceforth, in enhancing PPP dialogue, ZNCCIA needs to go beyond just attending, meetings and advocating for PPP policy to provide more strategic inputs to the government to establish the said policy. Now that the government and the private sector no longer feel that they are competitors, improved partnership, networking and coordination is imperative.

Media relations, policy actions ZNCCIA has established a relationship with media houses in Zanzibar not only for good coverage of events but to also inform both the sectors on issues of common interest around trade, industry and agriculture. ZNCCIA is coming up with a communication strategy designed to help the organization to communicate more effectively and meet core organizational objectives.

ZNCCIA appreciates the collaboration with ZBC, Radio Nuur, Hits and Zenj FM radios, ZBC TV and Zanzibar Cable TV. The results of ZNCCIA advocacy have been positive in some areas including the establishment of the Zanzibar Bureau of Standards (ZBS) and the Zanzibar Business Council (ZBC).

The Zanzibar Business Council as a legally mandated organisational structure involving high level of representatives from both the private and public sector has served as key platform for the private sector to share with each other in attempting to bring both the sectors together to discuss and address economic development issues of national interest. ZBC needs to be restructured to remove imbalances when involving private sector in policy making and establishing development agendas

Latest studies

ZNCCIA conducted 2 studies last year, one looking into power tariffs and the effect of businesses in Zanzibar and the other on the tax regime to understand the effects of the tax regime on business in Zanzibar

The results of the power tariff study was disseminated to stakeholders and dialogue partnership was initiated with Zanzibar Electricity Company to recognise the importance funds and other commercial products of closer consultations with private sector as main consumer of electric power ZNCCIA is learning from the successwhenever new tariffs are introduced as ful practices of other chambers in East the private sector has the right to nego- Africa and globally. tiate their interest and needs.

Similarly, the study on tax regime has just been completed and a position paper on this study will be the basis of ZNCCIA's dialogue with government and House of Representatives. These efforts will be further complemented by

a study which is about to begin on developing business incentives because ZNCCIA strongly feels that there is direct relationship between local incentives and national taxation system.

When local incentives increase business profitability, there is increase in its taxable income allowing for revenue transfer from local to national sphere of government. Having in place a modern, simple, fair and competitive tax regime is a key variable to creating enabling environment and reducing the cost of doing business

Categorically, it can be said that ZNCCIA still has a long way to go to fully provide various business training and services such as credit, matters of import, export management related to individual business owners or companies. In the process, good policies are required for as they are vital for business growth and developing industries by balancing technology with innovation, skills and making sure that production give priority on easy availability of natural resources for raw material and value addition. This is an area where most SMEs are operating though with low skills and deprived of product mix and diversification to bolster exports and therefore need protec-

Overall, ZNCCIA through BEST-AC's support has strengthened to enable the Chamber to reduce significantly the setbacks it faces in its quest for unified private sector front. BEST-AC has been a pioneer in assisting the ZNCCIA in crafting development and encouraging multiple sectors to come together to promote business, entrepreneurship, productivity and subsequent economic growth.

Despite all these positive attributes, ZNCCIA needs further technical and financial support to consolidate and fill in the existing gaps of inadequate skills, weak infrastructure and enabling polices to meet business demands and creating more solid plans for advocacy to influence government to improve on business development needs.

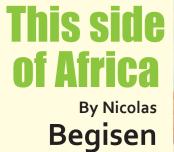
In the process to reshape the ZNC-CIA, it is imperative to develop programs aiming at serving community particularly on Agriculture and manufacturing using pro poor business models. Equally so it is necessary when looking ahead to add value to the successes contributed by BEST-AC support and to focus on ways and means to bring revenue to the chamber. Apart from revenue generating programs such as membership fees, it is high time to explore on Chamber enterprise to increase internal financial stability.

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The Guardian **KILIMO KWANZA**

COLUMN 8

Watch what you eat and minimise cancer risk



vervbody likes to have an appetising and mouthwaus all is the effects of some of the foods we ingest into our systems. We do not have to always go looking for oil dripping greasy and fatty fast foods to appease that craving inside us but rather, we can still eat healthy and live longer.

Reduce your risk for cancer by improving your diet. New research shows that as many as one-third of all cancer deaths are linked to diet and physical activity. Today, we look into the diet part. Let's leave the physical bit a subject for another day.

Cancer is preventable, yes, you heard me right: it's avoidable. But then again, given the lifestyles of many people nowadays, it wouldn't be surprising if someone out there thinks that it is inevitable and they can be found just sitting and waiting for their turn to be given the sad news by their doctor that they have been diagnosed by a certain type of cancer.

To build a strong immune system, it's advisable to include as much fruits and vegetables in your regular meals as well as opting for fibre foods. You and only you, have the power to change your eating habits. Start by reducing dietary fat intake, especially animal fat. Make your diet rich in fruits, vegetables, nuts, beans and whole grains. Start small. No one can overhaul their food habits quickly. Add a few servings of fruits and vegetables to your diet each day to reduce your cancer risk. Mix some dark, leafy greens like spinach in with your salad.

Eat less red meat and cut out processed meat. Red meat has too much acid because it takes a long time to digest and cancer cells multiply themselves in a body that has too much acid. Eating too much red meat can increase your cancer risk. Skip processed meats like bacon, ham, pastrami, salami, sausage, hot dogs and pepperoni. In place of red meat, you could







swap it with white meat instead. Fish, poultry, or even beans could be used as tering meal from time to an alternative to beef, pork or lamb. time, but unbeknown to When you eat meat, choose lean cuts and eat smaller portions. Prepare meat by baking, broiling, or poaching at lower temperatures, rather than by frying in fat or grilling at excessively high temperatures.

eration include sugar and milk. Swap

sugar with honey instead. Regular infood for cancer cells. Milk can be substituted with soya milk as an alternative. Furthermore, instead of drinking coffee or regular black tea opt for healthier options like herbal tea or green tea.

An area that might raise trouble is knew. when one is told about alcohol. We all love a drink or two, but we all know it is really never that one or two, however there has to be a limit. Alcohol consumption is linked to increased risk of mouth, esophagus, pharynx, larynx, liver and breast cancers. If you drink alcohol, men should try to drink no more than two drinks a day and women should try to drink no more than one drink a day.

An additional way to live, eat and stay healthy is to read and get as much information from whatever sources you can manage on cancer, its prevention, and how to live with it once diagnosed. For instance, much of this was made possible from interacting with a certain Other foods that need to be in mod- group of five young girls operating under the name Project Pink who have a

passion for creating awareness on cantake of milk can create mucus which is cer and interested in building a better society that is cancer free particularly breast and cervical cancer in women. I neither have expertise knowledge on cancer nor am I a trained practitioner in medicine, but sharing with them gave me more insight to the much I

According to them, they shore up the trainings they have received from different cancer institutions in the country by reading quite extensively online to get to understand the intricacies of cancer and how to go about its prevention, as the old adage goes, prevention is better than cure.

Preventable cancers include breast cancer, cervical cancer, colorectal cancer, lung cancer, oral cancer, prostate cancer, skin cancer and testicular cancer. A stronger immune system can fight cancer cells for those reasons grow fruits and vegetables in your farms and gardens for a healthier lifestyle. And also, buy fresh local produce and promote local farmers.

> For more info or comments: nkbegisen@gmail.com







WATER AND SANITATION

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Dar es Salaam Water and Sewarage Corporation (DAWASCO) Tel: +255 22-2131191/4 Drilling and Dam Construction Agency (DDCA)

Tel: +255 22 2410430/2410299

Energy and Water Utilities Regulatory Authority Tel: +255 22 2123850, 22 2123853

Water and Environmental Sanitation Projects Maintenance Organization (WEPMO) Tel: +255 22 2410738, 716 099959

Ministry of Water Tel: +255 22 245 1448

INDUSTRY SUPPORT AND ASSOCIATIONS

Small Industries Development Organization (SIDO) - Email: dg@sido.go.tz, info@sido.go.tz

ANSAF - P.O. Box 6370, Dar es Salaam

CNFA - info@cnfatanzania.org

Tractors Limited Cells: +255 784 421606, 786 150213

Consolidated Holdings Corporation (CHC)

Tel: 255 (022) 2117988/9 Vocational Education and Training Authority

(VETA) - Tel: +255 22 2863683/2863409 Export Processing Zones in Tanzania (EPZ)

Tel: +255 22 2451827-9

Agricultural Economics Society of Tanzania (AGREST) - Tel. +255-23 260 3415

Tanzania National Business Council (TNBC) Tel: +255 22 2122984-6

Tanzania Agriculture Partnership (TAP)

Tel: +255 22 2124851

Tanzania Milk Processors Association (TAMPA) Tel: +255 222 450 426

Rural Livelihood Development Company (RLDC) Tel: +255 26 2321455

Tanzania Cotton Board Tel: +255 22 2122564, 2128347

Horticultural Development

Council of Tanzania (HODECT) Cell: +255 789 222 344; Fax: +255 27254 4568 TATEECO Ltd - Tel: +255 784 427817

AGRO-PROCESSING

ERTH Food - Tel: +255 22 2862040 MUKPAR Tanzania Ltd Tel: +255 28 250038/184 ASAS Diaries Limited - Tel: +255 26 2725200 Tanga Fresh – Tel +255 27 2644238 NatureRipe Kilimanjaro Limited Tel: +255 22 21 51457

EQUIPMENT

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FINANCE

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